WHAT IS CLAIMED IS:

- 1 1. A voltage controlled oscillator (VCO) comprising a ring oscillator having an 2 input, an output, an odd number M of complementary metal oxide semiconductor 3 (CMOS) inverters series coupled between the input and output, a feedback connection 4 between the input and output, and a number K of voltage controlled feedforward (FF) 5 stages, each of the K FF stages coupled in parallel with K groups of an odd number of 6 G sequential CMOS inverters selected from the M CMOS inverters, each of the K FF 7 stages having a plurality P channel metal oxide silicon transistors (PFETs) and a 8 plurality of N channel metal oxide silicon transistors (NFETs), at least one of the 9 PFETs having a first isolated region of semiconductor material (body) connected to a 10 first body terminal, and at least one of the NFETs having a second isolated body 11 connected to a second body terminal, wherein the K FF stages are controlled by first 12 and second control voltages coupled to the first and second body terminals 13 respectively.
- 2. The VCO of claim 1, wherein each of the K FF stages comprises a CMOS inverter stage coupled in series with a transfer gate stage having a parallel connection of a first PFET and a first NFET.
- The VCO of claim 2, wherein the first PFET of the transfer gate stage has a body terminal coupled to the first control voltage and the NFET of the transfer gate a body terminal coupled to the second control voltage.
- 4. The VCO of claim 1, wherein the second control voltage is derived from the first control voltage such that the first and the second control voltages have a same nominal value and opposite slopes when modified.

- 1 5. The VCO of claim 2, wherein each of the CMOS inverters in the K FF stages 2 comprise a second PFET and a second NFET coupled in series, wherein the second 3 PFET of at least one of the CMOS inverters has a body terminal coupled to the first 4 control voltage and the second NFET of the at least one of the CMOS inverters has a 5 body terminal coupled to the second control voltage.
- The VCO of claim 3, wherein each of M CMOS inverters comprise a third 1 6. 2 PFET and a third NFET, wherein the third PFET of at least one of the M CMOS 3 inverters has a body terminal coupled to the first control voltage and the third NFET 4 of the at least one of the M CMOS inverters has a body terminal coupled to the 5 second control voltage.
- 1 7. The VCO of claim 5, wherein each of M CMOS inverters comprise a third 2 PFET and a third NFET, wherein the third PFET of at least one of the M CMOS inverters has a body terminal coupled to the first control voltage and the third NFET 3 4 of the at least one of the M CMOS inverters has a body terminal coupled to the 5 second control voltage.

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8. The VCO of claim 2 wherein each of the CMOS inverters in the K FF stages 2 comprise a second PFET and a second NFET coupled in series, wherein the second PFET of at least one of the CMOS inverters has a body terminal coupled to the first control voltage by a first clamping circuit preventing a body diode coupled to the body terminal of the second PFET from being forward biased and the second NFET of the at least one of the CMOS inverters has a body terminal coupled to the second control voltage by a second clamping circuit preventing a body diode coupled to the body terminal of the second NFET from being forward biased.

- 9. The VCO of claim 3, wherein each of M CMOS inverters comprise a second PFET and a second NFET coupled in series, wherein the second PFET of at least one of the CMOS inverters has a body terminal coupled to the first control voltage by a first clamping circuit preventing a body diode coupled to the body terminal of the second PFET from being forward biased and the second NFET of the at least one of the CMOS inverters has a body terminal coupled to the second control voltage by a second clamping circuit preventing a body diode coupled to the body terminal of the second NFET from being forward biased.
 - 10. The VCO of claim 8, wherein the first clamping circuit comprises a clamping PFET having a body terminal coupled to the source of the second PFET, a gate coupled to ground potential, a drain coupled to the body terminal of the second PFET and a source coupled to the first control voltage and the second clamping circuit comprises a clamping NFET having a body terminal coupled to the source of the second NFET, a gate coupled to the positive power supply voltage, a drain coupled to the body terminal of the second NFET and a source coupled to the first control voltage.
- 11. The VCO of claim 9, wherein the first clamping circuit comprises a clamping PFET having a body terminal coupled to the source of the second PFET, a gate coupled to ground potential, a drain coupled to the body terminal of the second PFET and a source coupled to the first control voltage and the second clamping circuit comprises a clamping NFET having a body terminal coupled to the source of the second NFET, a gate coupled to the positive power supply voltage, a drain coupled to the body terminal of the second NFET and a source coupled to the first control voltage.
 - 12. The VCO of claim 1, wherein K is equal to M.

13. A phase locked loop (PLL) circuit for generating an output clock signal with a frequency that is a multiple number N times the frequency of a reference clock signal, comprising:

a voltage controlled oscillator (VCO) generating the output clock signal with a frequency modified in response to a control voltage;

a frequency divider for frequency dividing the output clock signal by N, generating a frequency divided clock signal;

a phase frequency detector for comparing the frequency divided clock signal to the reference clock signal and generating a phase/frequency error signal; and

circuitry for converting the phase/frequency error signal to the control voltage, wherein the VCO is a ring oscillator having an input, an output, an odd number M of complementary metal oxide semiconductor (CMOS) inverters series coupled between the input and output, a feedback connection between the input and output, and a number K of voltage controlled feedforward (FF) stages, each of the K FF stages coupled in parallel with K groups of an odd number of G sequential CMOS inverters selected from the M CMOS inverters, each of the K FF stages having a plurality P channel metal oxide silicon transistors (PFETs) and a plurality of N channel metal oxide silicon transistors (NFETs), at least one of the PFETs having a first isolated region of semiconductor material (body) connected to a first body terminal, and at least one of the NFETs having a second isolated body connected to a second body terminal, wherein the K FF stages are controlled by first and second control voltages coupled to the first and second body terminals respectively.

14. The PLL circuit of claim 13, wherein each of the K FF stages comprise a CMOS inverter stage coupled in series with a transfer gate stage having a parallel connection of a first PFET and a first NFET.

- 1 15. The PLL circuit of claim 14, wherein the first PFET of the transfer gate stage
- 2 has a body terminal coupled to the first control voltage and the NFET of the transfer
- gate a body terminal coupled to the second control voltage.
- 1 16. The PLL circuit of claim 13, wherein the second control voltage is derived
- from the first control voltage such that the first and the second control voltages have a
- 3 same nominal value and opposite slopes when modified.
- 1 17. The PLL circuit of claim 14, wherein each of the CMOS inverters in the K FF
- 2 stages comprise a second PFET and a second NFET coupled in series, wherein the
- 3 second PFET of at least one of the CMOS inverters has a body terminal coupled to
- 4 the first control voltage and the second NFET of the at least one of the CMOS
- 5 inverters has a body terminal coupled to the second control voltage.
- 1 18. The PLL circuit of claim 15, wherein each of M CMOS inverters comprise a
- 2 third PFET and a third NFET, wherein the third PFET of at least one of the M CMOS
- 3 inverters has a body terminal coupled to the first control voltage and the third NFET
- 4 of the at least one of the M CMOS inverters has a body terminal coupled to the
- 5 second control voltage.
- 1 19. The PLL circuit of claim 17, wherein each of M CMOS inverters comprises a
- 2 third PFET and a third NFET, wherein the third PFET of at least one of the M CMOS
- 3 inverters has a body terminal coupled to the first control voltage and the third NFET
- 4 of the at least one of the M CMOS inverters has a body terminal coupled to the
- 5 second control voltage.
- 1 20. The PLL circuit of claim 14, wherein each of the CMOS inverters in the K FF
- 2 stages comprise a second PFET and a second NFET coupled in series, wherein the

second PFET of at least one of the CMOS inverters has a body terminal coupled to
the first control voltage by a first clamping circuit preventing a body diode coupled to
the body terminal of the second PFET from being forward biased and the second
NFET of the at least one of the CMOS inverters has a body terminal coupled to the
second control voltage by a second clamping circuit preventing a body diode coupled
to the body terminal of the second NFET from being forward biased.

- 21. The PLL circuit of claim 15, wherein each of M CMOS inverters comprise a second PFET and a second NFET coupled in series, wherein the second PFET of at least one of the CMOS inverters has a body terminal coupled to the first control voltage by a first clamping circuit preventing a body diode coupled to the body terminal of the second PFET from being forward biased and the second NFET of the at least one of the CMOS inverters has a body terminal coupled to the second control voltage by a second clamping circuit preventing a body diode coupled to the body terminal of the second NFET from being forward biased.
 - 22. The PLL circuit of claim 20, wherein the first clamping circuit comprises a clamping PFET having a body terminal coupled to the source of the second PFET, a gate coupled to ground potential, a drain coupled to the body terminal of the second PFET and a source coupled to the first control voltage and the second clamping circuit comprises a clamping NFET having a body terminal coupled to the source of the second NFET, a gate coupled to the positive power supply voltage, a drain coupled to the body terminal of the second NFET and a source coupled to the first control voltage.
- The PLL circuit of claim 21, wherein the first clamping circuit comprises a clamping PFET having a body terminal coupled to the source of the second PFET, a gate coupled to ground potential, a drain coupled to the body terminal of the second PFET and a source coupled to the first control voltage and the second clamping

- circuit comprises a clamping NFET having a body terminal coupled to the source of the second NFET, a gate coupled to the positive power supply voltage, a drain coupled to the body terminal of the second NFET and a source coupled to the first control voltage.
 - 24. The PLL circuit of claim 13, wherein K is equal to M.

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